



## Criterion 3- Infrastructure & Resources

### 3.5 Sports Facilities

#### 3.5.4 Gymnasium (Operational)

Yes

Office of the Principal  
M.P.Govt. College Amb, Una (H.P)

There is a fully-equipped gymnasium which for students in good condition. College gymnasium meets the standards to provide a safe, effective, and enjoyable fitness experience for all users with convenient hours for students and faculty members. Gymnasium includes cardio machines (treadmills & stationary bikes). For strength training, there is free weights, weight machines, resistance bands, exercise balls. There is regular cleaning, sanitizing.

Assistant Prof. Physical Education  
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Principal  
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